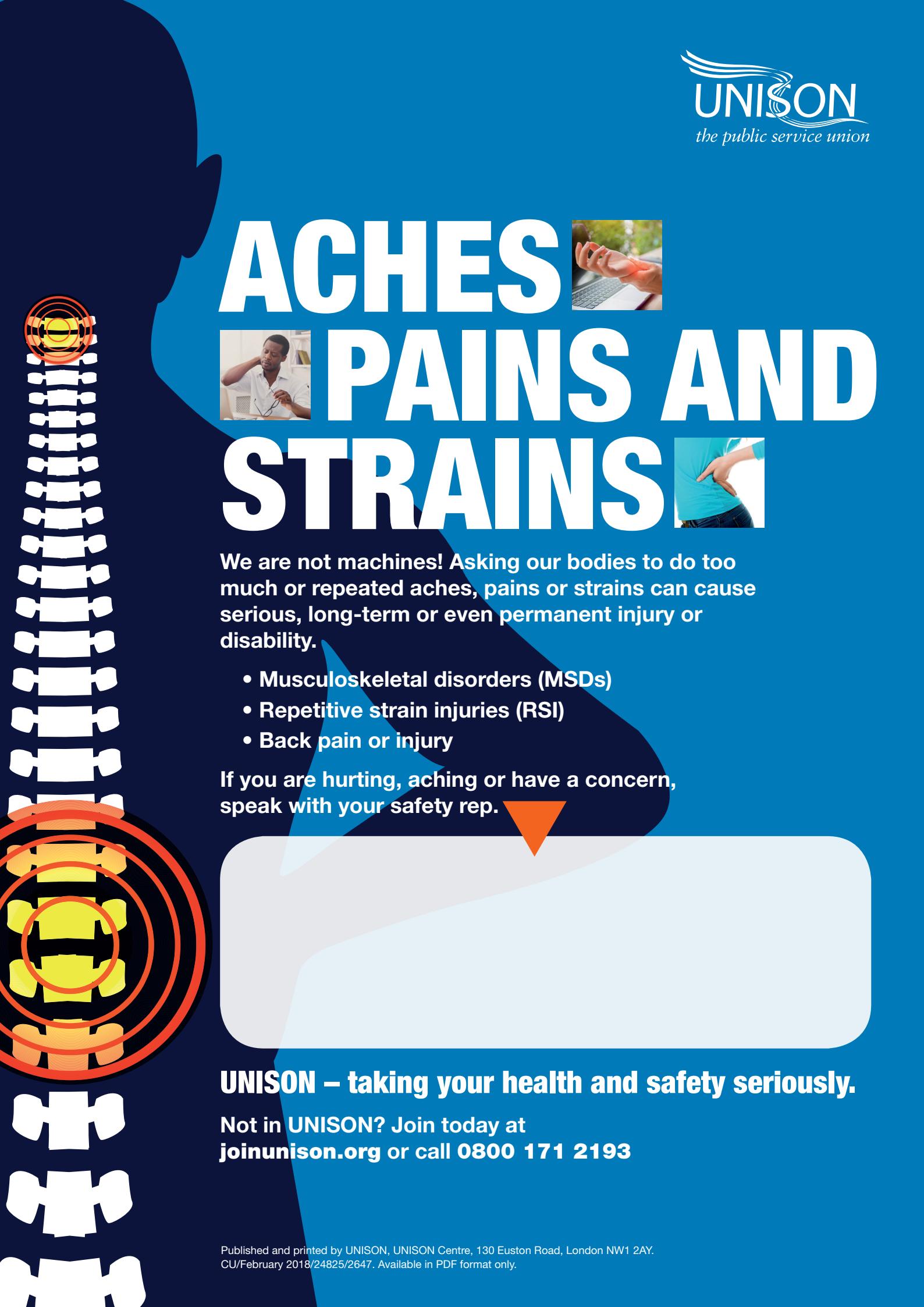


ACHES PAINS AND STRAINS



We are not machines! Asking our bodies to do too much or repeated aches, pains or strains can cause serious, long-term or even permanent injury or disability.

- Musculoskeletal disorders (MSDs)
- Repetitive strain injuries (RSI)
- Back pain or injury

If you are hurting, aching or have a concern, speak with your safety rep.

UNISON – taking your health and safety seriously.

Not in UNISON? Join today at
joinunison.org or call 0800 171 2193